

# Transforming Acute Care for Frail Older People

## Recognising and Responding to Frailty

Monday 14 January 2019 De Vere West One Conference Centre, London

10% card payments discount\*  
15% Group booking discount\*\*



### Chair & Speakers include:

**Dr Amit Arora**

*Consultant Geriatrician & Clinical Lead for Geriatric Medicine, University Hospital of North Midlands NHS Trust & Past Chairman of the England Council British Geriatrics Society*

**Prof Martin Vernon**

*National Clinical Director for Older People NHS England*

### Supporting Organisations:



# Transforming Acute Care for Frail Older People

## Recognising and Responding to Frailty

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*“Acute frailty service redesign is crucial to deliver high quality, sustainable healthcare. Rising patient demand across urgent and emergency care services means increasing admissions impact on patient flow in emergency departments (ED), increased bed occupancy and outlying patients across the hospital with an inevitable negative impact on patient outcomes and experience and increased length of stay. Trusts need support to improve quality, effectiveness and productivity across acute frailty care pathways.”*

NHS England June 2018

*“Frailty is a loss of resilience that means people living with frailty do not bounce back quickly after a physical or mental illness, an accident or other stressful event. In clinical terms, frailty is characterised by loss of biological reserves across multiple organ systems and increasing vulnerability to physiological decompensation after a stressor event. People living with frailty are likely to have a number of different issues or problems, which, taken individually, might not be very serious but when added together have a large impact on health, confidence and wellbeing.*

- *The overall prevalence of frailty in people aged over 60 is 14% and it tends to be more common in women (ELSA (2016))*
- *5% of people aged 60-69 have frailty. This rises to 65% in people aged over 90. In England there are 1.8 million people aged over 60 and 0.8 million people aged over 80 living with frailty*
- *Frailty is linked with poor mobility, difficulty doing everyday activity, or simply ‘slowing up’*
- *Frailty results in large increases in the health cost for care settings such as inpatient, outpatient and nursing homes*
- *Frailty progresses with age. As the population of England ages the prevalence and impact of frailty is likely to increase.”*

NHS England 2018

*“Between 5% and 10% of all people attending emergency departments (ED) and 30% of patients in acute medical units (AMU) are older people with frailty. Identifying frailty must become an embedded part of the acute assessment of people aged over 65 to enable earlier targeted assessment and intervention.”* NHS Improvement June 2018

This conference focuses on the important issue of transforming acute care for people with frailty: improving the quality of care for people with frailty and supporting them to stay out of hospital. Redesign of acute frailty services is crucial to meeting increasing demand and improving the quality of life for older people.

This conference will enable you to:

- Network with colleagues who are working to improve acute care for frail older people
- Learn from outstanding practice in developing dedicated frailty services
- Reflect on national developments and learning with an update from **Prof Martin Vernon**, National Clinical Director for Older People
- Improve the way you support people with frailty
- Develop your skills in identifying and diagnosing frailty
- Understand how you can improve the response to emergency admissions
- Identify key strategies for preventing unnecessary hospital admission
- Learn from the delivery of a frailty improvement programme in acute care
- Understand how to improve the training and education of frontline staff to support frail older people on the ward
- Ensure frailty presenting as falls is effectively identified and managed
- Improve prescribing and reduce polypharmacy
- Reflect on how we can improve end of life care and planning for people with advanced frailty
- Self-assess and reflect on your own practice
- Gain cpd accreditation points contributing to professional development and revalidation evidence

Follow the conference on Twitter #FrailtyNHS

## 09.50 Pre Conference Supplier Showcase

The supplier showcase will be optional for delegates to attend and will include 10 minute presentations from key suppliers

### **Debbie Newcombe**

*National Training Manager  
Medstrom Healthcare*

#### **Low beds...just how 'low' is low enough?**

- Patient demographics and the cost of falls
- How do low beds prevent falls?
- Just how 'low' is low enough?
- How does bed height affect safe mobilisation and the impact force of a fall

## 10.00 Chair's Welcome & Introduction: Changing care systems for people with frailty: the frailty passport

**Dr Amit Arora** *Consultant Geriatrician & Clinical Lead for Geriatric Medicine, University Hospital of North Midlands NHS Trust & Past Chairman of the England Council British Geriatrics Society*

## 10.40 Delivering a frailty improvement programme in acute care

### Frailty at the Front Door: improving quality, reducing length of stay

#### **Dr Kirsty Rodger**

*Geriatrician lead for Front Door Frailty Service*

*with Joy Reid*

*Nurse Consultant for Older People  
NHS Fife*

- delivering an effective frailty improvement programme
- improve the processes for delivering early effective comprehensive geriatric assessment
- improve the coordinated response to frailty
- strengthening links between secondary, primary and social care to ensure all care options are considered
- lessons from our experience

11.10 Question and answers, followed by tea & coffee at 11.20

## 11.45 Identifying and diagnosing Frailty: proactive frailty case finding and assessment

#### **Dr Jayne Youde**

*Consultant Geriatrician*

*Derby Hospitals NHS Foundation Trust*

- proactive frailty case finding
- how do we actively identify people with frailty: tools that can help
- diagnosing frailty: case studies in practice

## 12.15 Improving the response to emergency admissions

### Case Study: The UK's first Older Peoples Emergency Department

#### **Dr Sarah Bailey**

*Clinical Lead for Frailty*

*Norfolk & Norwich University Hospitals NHS Foundation Trust*

- raising awareness of frailty
- ensuring early access to a specialist assessment team
- working to improve the response to emergency admissions: an older peoples emergency department

## 12.45 Preventing unnecessary hospital admission and delivering effective care closer to home

#### **Debbie Crewe**

*Consultant Practitioner in Frailty for the Frailty Support Team*

*Southern Health NHS Foundation Trust*

- looking at the patients' pathway more holistically
- the role of the Frailty Support mobile team
- offering rapid assessment in the patients home

13.15 Question and answers, followed by lunch at 13.20

## 14.00 KEYNOTE SESSION: Changing care systems for people with frailty

#### **Prof Martin Vernon**

*National Clinical Director for Older People*

*NHS England*

- frailty: national update and understanding prevalence
- agreeing care standards and ambitions for frailty
- ensuring all clinicians acquire the knowledge and skills appropriate for safe and competent care of older people with comorbidities and frailty
- improving acute care for frail older people

## 14.30 Developing a Nursing Home Pathway for Nursing Home Residents Attending Hospital - our story

**Sue Lyne** *Nurse Consultant for Frailty and Older People*

*East Sussex NHS Foundation Trust*

**and Dr Elena Mucci** *Consultant Geriatrician*

*East Sussex Healthcare NHS Trust*

- supporting older frail inpatients
- the role of the frailty practitioner service
- working in partnership to prevent unnecessary or prolonged stays in hospital

## 15.00 Frailty presenting as falls - a different challenge?

#### **Dr Wallace Tan**

*Chair of Falls Group, and Consultant Geriatrician*

*Croydon University Hospital NHS Trust*

- identifying the root cause and contributing factors to a fall
- recognising frailty during falls assessment
- frailty presenting as falls - a different challenge?
- falls and syncope: managing underlying health issues and comorbidity
- secondary falls prevention: working with people with frailty

15.30 Question and answers, followed by tea & coffee at 15.40

## 16.00 Frailty, Prescribing and Polypharmacy

#### **Prof Nina L Barnett**

*Consultant Pharmacist, Care of Older People,*

*London North West Healthcare NHS Trust & NHS Specialist Pharmacy Service, Honorary Reader, School of Pharmacy, University College London, Visiting Professor, Kingston University, London*

- safe prescribing for people with frailty
- polypharmacy and stopping medicines safely
- monitoring medications: case study

## 16.30 Advanced Frailty and End of Life Care

#### **Dr Victor Pace**

*Consultant in Palliative Medicine,*

*Darent Valley Hospital and Greenwich and Bexley Community Hospice*

- how do we improve access to specialist palliative care for people with advanced frailty?
- understanding the trajectory of frailty? Recognising and planning for end of life care in older people with frailty
- what does good end of life care look like for people with frailty?

17.00 Question and answers, followed by close

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### De Vere West One Conference Centre, London

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10% card payments discount\*  
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Please also ensure you complete your full postal address details for our records.

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#### Venue

De Vere West One Conference Centre, 9-10 Portland Place, London, W1B 1PR. A map of the venue will be sent with confirmation of your booking.

Date: Monday 14 January 2019

#### Conference Fee

- £365 + VAT (£438.00) for NHS, Social care, private healthcare organisations and universities.  
 £300 + VAT (£360.00) for voluntary sector / charities.  
 £495 + VAT (£594.00) for commercial organisations.

The fee includes lunch, refreshments and a copy of the conference handbook. VAT at 20%.

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#### \*\*Group Rates

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